



# Marine Aircraft Group 26

## Safety Bulletin

26 February 2004

No. 26



### Photo of the Week... Don't Tell Me ... Organized Mess, Right?



Now here's something you don't see driving down the street every day (thank goodness.) This guy was delivering scrap at a junk yard. Although it looks to me like he has his own little junk yard forming in the back of his truck. What a mess!

I imagine a drive behind this guy on a bumpy road would go something like this: *Thump ... splash.* There goes a container of gasoline. *Thump ... boom.* There goes a compressed gas cylinder. *Thump ... crash.* There goes the kitchen sink. *Thump ... thump.* "Grandma, you still back there?"

Gimme a break. How much common sense does it take to know that a mess like this is just plain dangerous? Folks, it's easy to accumulate clutter in workshop corners, truck beds, and sheds. Check yourself occasionally to make sure that your clutter isn't an unstable disaster waiting to happen ... and if it is, straighten it up before someone gets hurt.

### What's PMO been up to...

- Failure to wear seatbelt: **22**
- Speeding **1-10 mph over** posted speed limit: **6**
- Speeding **11-15 mph over** posted speed limit: **3**
- Loud Music: **2**
- Use of Radar Detector: **11**
- Failure to Stop: **2**



### JANUARY 2004 SAFETY SUMMARY ALMAR 010/04

1. DURING JANUARY, ONE MARINE DIED IN AN OFF-DUTY PRIVATELY-OWNED VEHICLE (POV) MISHAP; ONE MARINE DIED IN A GOVERNMENT-OWNED VEHICLE (GOV) MISHAP; FOUR MARINES DIED AND TWO AIRCRAFT WERE LOST IN AVIATION MISHAPS; AND TWO MARINES COMMITTED SUICIDE.

A. **OFF-DUTY.** A CIVILIAN DRIVING A VEHICLE UNDER THE INFLUENCE OF ALCOHOL AND NARCOTICS STRUCK A PVT'S VEHICLE AND KILLED HIM.

B. **ON-DUTY.** A SSGT WAS KILLED DRIVING A GOV WHEN HE STRUCK THE REAR OF A POV, LEFT THE ROADWAY, AND IMPACTED SEVERAL TREES. THE SSGT WAS NOT WEARING A SEAT BELT.

#### C. **AVIATION**

(1) A UH-1N CRASHED IN THE VICINITY OF TALEGA CANYON, CAMP PENDLETON, CA, KILLING THE FOUR MARINES THAT COMPRISED THE AIRCREW.

(2) AN AH-1W WAS DESTROYED IN A MISHAP 25 MILES EAST OF MCAS YUMA. THE PILOT SUFFERED MINOR INJURIES AND THE CO-PILOT WAS TREATED FOR BURNS.

#### D. **SUICIDES**

(1) AFTER INVOLVEMENT IN A DOMESTIC DISTURBANCE, A GYSGT WAS LATER FOUND DEAD FROM AN APPARENT SELF-INFLICTED GUNSHOT WOUND.

(2) A SSGT'S SPOUSE FOUND HIM DEAD FROM AN APPARENT SELF-INFLICTED GUNSHOT WOUND.

#### 2. **TRENDS/OBSERVATIONS**

A. THE 19 OFF-DUTY FATALITIES DUE TO MISHAPS THIS FY EQUALS LAST YEAR'S NUMBER AT THIS TIME. MOTOR VEHICLE MISHAPS ACCOUNTED FOR 14 OF THESE FATALITIES. MISHAPS INVOLVED SPEEDING, DRINKING ALCOHOL, FALLING ASLEEP, AND NOT WEARING A SEAT BELT. WE MUST DO BETTER IN OUR ORM AND EDUCATION.

B. IT'S NOT TOO EARLY TO START THINKING ABOUT MOTORCYCLE SAFETY FOR THE COMING MONTHS. LAST YEAR, 13 OF THE 17 MOTORCYCLE FATALITIES OCCURRED IN THE SUMMER. THOSE OF YOU CONSIDERING RIDING MOTORCYCLES SHOULD WEIGH THE RISKS AND BEGIN TO REDUCE THEM NOW. SIGN UP EARLY FOR A CLASS WHERE MOTORCYCLE TRAINING IS PROVIDED; YOU WILL BE MORE PREPARED; YOU WILL BE A BETTER RIDER; AND YOU WILL HAVE COMPLETED THE MANDATORY TRAINING REQUIREMENT.

C. AS WE BEGIN REDEPLOYING MARINES TO IRAQ, RECALL THE SAFETY TRAINING YOU HAVE RECEIVED SINCE BOOT CAMP. FOLLOW ESTABLISHED SAFETY PROCEDURES TO ENSURE TASKS, FROM THE SIMPLE TO THE COMPLEX, ARE DONE SAFELY AND CORRECTLY. AVOID SHORTCUTS THAT INCREASE RISKS UNNECESSARILY AND CAN POTENTIALLY HINDER OR JEOPARDIZE THE MISSION. PAY ATTENTION TO DETAIL; HANDLE YOUR WEAPON AS YOU WERE TRAINED; DRIVE RESPONSIBLY AT A REASONABLE SPEED AS CONDITIONS PERMIT; AND LASTLY, DO NOT HANDLE UNEXPLODED ORDNANCE UNLESS TRAINED TO DO SO.

## Oh, Nothing... Just Baking Bullets

### FOX NEWS

HOWARD, Wis. (AP) — A man and his wife ducked behind a refrigerator when bullets began exploding in their oven, authorities say.

Capt. Craig Kohlbeck of the Brown County Sheriff's Department said the husband had put the ammunition and three handguns in the oven before the couple left on a vacation.

He told officers he thought the items would be safe there in case someone broke into the home while they were away.

After returning from their trip Tuesday, the wife turned on the oven to prepare dinner and the bullets ignited, Kohlbeck said.

No one was hurt.

## Quotable Quotes

The two most common elements in the universe are Hydrogen and stupidity.

Harlan Ellison

You've achieved success in your field when you don't know whether what you're doing is work or play.

Warren Beatty

## MOTOR VEHICLE SAFETY COURSES

### DRIVER IMPROVEMENT COURSE

Date: 10 Mar

Place: AS-212, Room 121A

Time: 0730-1600 (first 25 Marines, so be early)

### REMEDIAL DRIVER IMPROVEMENT COURSE

Date: 12 Mar

Place: AS-212, Room 121A

Time: 0730-1130

### Motorcycle BASIC RIDER COURSE (23 hours)

20-22 Feb and 27-29 Feb

Fri 1700-2200 and 0700-1700 Sat and Sun

(Classes are held at Camp Johnson, call 938-6294 for details)

### Motorcycle EXPERIENCED RIDER COURSE (11 hours)

5-6 Mar

Fri 1700-2200 and Sat 0700-1300

(The experienced rider must have an endorsement on his drivers license)

### MOTOCROSS SAFETY TRAINING

1/2 day class (\$35.00 per student)

Starting and stopping motorcycle, emergency stopping, swerves, tight turns, jumping techniques, body position.

Full day class (\$70.00 per student)

Same for 1/2 day class, plus motorcycle maintenance up keep, track conditions, safety awareness, more in depth riding techniques.

Classes are held at Half Moon Mx Park 1037 Ramsey Rd. Jacksonville, NC 28546.

Phone 910-938-1346/910-577-5850 Instructor Donnie Davis.

No permit is required to take the course at CCCC; however, an endorsement or proof of purchase/ownership is required to receive a voucher for the MCAS Safety Office to pay for the class. The Marine must present his driver license and ID card to receive the voucher. If the Marine has a motorcycle endorsement, he will need to take the experienced rider course. The phone number at Coastal for registration 938-6294.

## It's that time of year again...

## Safe Tips for Baseball and Softball

- **Pitching Too Long or Too Many Innings** -- Many injuries occur from excessive pitching. Most organized baseball leagues have guidelines about the number of innings that can be pitched, usually based on the player's age. While there is no concrete guideline for the number of pitches allowed, a reasonable approach is to count the number of pitches thrown and use 80 to 100 pitches as a maximum in a game, and 30 to 40 pitches in a practice. Any persistent pain should disqualify a person from playing until pain subsides.
- **Breakaway bases** -- Many players get injured while sliding into bases. The number of these mishaps could be significantly lowered by installing breakaway bases on playing fields. A breakaway base is snapped onto grommets attached to an anchored rubber mat that holds it in place during play. When a runner slides into the base, it can be dislodged to avoid direct contact and injury. During normal base running, the breakaway base is stable and will not detach.
- **Protective gear** -- Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. This equipment must fit properly and be worn correctly.
  - Wear a batting helmet at the plate, when waiting a turn at bat, and when running bases.
  - Face masks that are attached to batting helmets are available in some youth leagues. These devices can help reduce the risk of a serious facial injury if hit by a ball.
  - The catcher must always use a catcher's mitt. If you play another position, ask your coach about specific size requirements for your mitt.
  - Catchers should always wear a helmet, face mask, throat guard, long-model chest protector, protective supporter, and shin guards when catching batting practice and during games.
  - Most youth leagues prohibit the use of shoes with steel spikes. Instead, wear molded, cleated baseball shoes.
  - Inspect the playing field for holes, glass, rocks, and other debris.
  - Stay in condition year-round with some form of regular exercise. Start with something as simple as brisk walking.
  - Someone (a teammate, referee or spectator) should know first aid. Make sure someone on your team carries first aid equipment, particularly ice or ice packs.
  - Don't go straight from your car onto the field. Arrive early and warm up with a walk or an easy jog. With sports where there are bursts of vigorous activity interspersed with inactivity, it's a good idea to move around or stretch during the idle periods.
  - Stretch before the game, but not when your muscles are cold. Warm up a little first, then stretch gently. Afterwards, if you have had a vigorous workout, you can stretch more intensely. Learn stretches that are appropriate for your sport.
- **Drink plenty of water or other fluids such as sports drinks during and after the game.**
- If you start to feel pain, discomfort or fatigue, get your coach to put in a substitute. Don't overdo it.



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